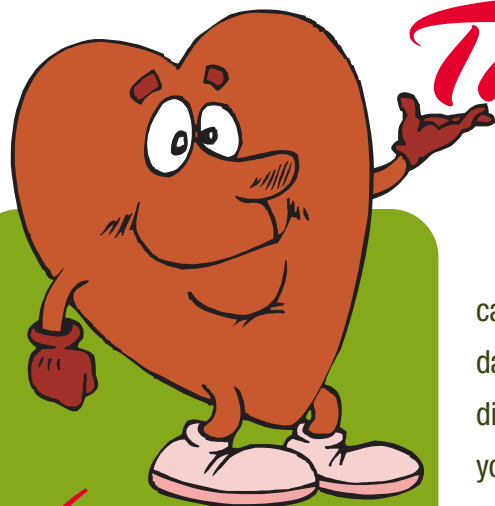




# Living Well Eating Smart

Healthy Nutrition and Lifestyle Information for a Better You



## Take Your Health to Heart!

Know someone with heart disease? With 34% of Americans diagnosed with cardiovascular disease (heart disease), you probably know a few. This is a pretty daunting statistic. Do you feel powerless over the odds of being diagnosed with heart disease? If you are like me, your family's medical history may be working against you. The good news is that lifestyle choices, such as diet, can determine if and when you're diagnosed with heart disease. So take your health to heart and learn about the role nutrition plays in heart disease risk.

### Fats, Fats, and More Fats

If you ever get confused about fats, you are not alone. It is important to eat a low-fat diet overall, but don't think you have to deprive yourself. Instead, think about the small changes you can make here and there. For example, try lowering the amount of fat from your salad dressings by choosing reduced

(continued on page 2)



[www.kensfoods.com](http://www.kensfoods.com)

- ✓ STOP smoking now!
- ✓ Get moving each and every day!
- ✓ Make your diet healthy overall!

### Eating Smart Tip

If you are looking for a pick-me-up, Harvard Medical School cites breaking up your daily 16 ounces (oz) of coffee into 2-3 oz servings each hour for the best way to increase mental alertness.

### Question:

**I like to drink coffee. Recently someone told me it was good for my health. Is this true?** — Jennifer, Plainville, CT

**Answer:** It appears your daily "cup of Joe" is working harder for your health than you ever imagined! Sure, coffee is mostly thought of as a caffeine packed "pick-me-up," but if you are a moderate coffee drinker, your health may be benefiting. Whether it is the work of naturally occurring antioxidants or other bioactive ingredients, coffee has quite an impressive list of proposed benefits. Not only seen to possibly reduce your risk for Type 2 Diabetes, gallstones, Parkinson's disease, and liver damage, coffee may also stave off colon cancer. What about the caffeine? Drinking

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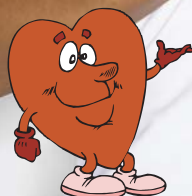
## Eating Smart Tip

Want a reliable way to identify heart-healthy foods?  
Look for foods bearing the American Heart Association's  
red heart with the white check mark to spot foods  
low in saturated fat and cholesterol.



**American Heart Association**

Products displaying the heart-check mark meet  
American Heart Association food criteria  
for saturated fat and cholesterol  
for healthy people over age 2.  
[heartcheckmark.org](http://heartcheckmark.org)



Small changes in diet  
can reduce your  
daily fat intake.

## Take Your Health to Heart *(continued from page 1)*

fat varieties. Ken's® Salad Dressing offers a number of low-fat and fat-free options that are just as flavorful as their full-fat counterparts!

Another tasty way to reduce the amount of fat in your diet is to substitute an old favorite with a healthier version. For those looking for a lower fat frozen fish choice, Gorton's® Grilled Fillets® are available in a number of delicious flavors. By choosing Gorton's® Grilled Fillets® over traditional breaded fish, you can save up to 9 grams of fat!



[www.gortons.com](http://www.gortons.com)

Each type of fat has a different role when it comes to heart disease. Knowing the impact specific fats can have on your heart's health is essential when making a grocery list. Saturated fats tend to heighten one's risk for high blood cholesterol and heart disease by increasing LDL ("bad" cholesterol) cholesterol. These kinds of fats are solid at room temperature and can be found in foods like butter, cream based soups, meats, and snack food type treats. Keep your saturated fat intake to no greater than 10% of your daily calories by choosing foods lower in saturated fat. This does not necessarily mean giving up certain kinds of foods, but rather switching the type you choose. Snyder's of Hanover® Eat Smart Veggie Crisps are a great example of this. Compared to ordinary potato chips, Snyder's of Hanover® cut almost a whole teaspoon of saturated fat out of the equation simply by cooking Traditional and Sundried Tomato & Pesto Veggie Crisps in canola oil!



[www.snydersofhanover.com](http://www.snydersofhanover.com)

By lowering your total blood cholesterol, unsaturated fats have been shown to help protect us from high cholesterol and heart disease. These fats are liquid at room temperature and often come in the form of plant based oils (ie: soy, corn, canola, and olive oil). There are two different kinds of unsaturated fats: monounsaturated and polyunsaturated.

Monounsaturated fats, which make up approximately 65% of the fat found in Almonds, help increase your HDL ("good" cholesterol) cholesterol while maintaining your LDL cholesterol. For a quick and easy way to incorporate monounsaturated fats into your diet, reach for Sunkist® Almond Accents®. Available in assorted flavors, Almond Accents® make a tasty addition to any salad, vegetable, cereal, or meat dish.



[www.almondaccents.com](http://www.almondaccents.com)

Research suggest that balancing two types of polyunsaturated fats, called Omega-6 and Omega-3 fatty acids, is essential for promoting cardiovascular health. While the perfect ratio of Omega-6 to Omega-3 fatty acids still remains to be agreed upon, Brandeis University developed their own buttery spread with an Ideal Balance™ of these fats (5.8 to 1). Smart Balance® Buttery



Spread is a blend of palm (not palm kernel), soy, canola, and olive oils. Traditional Smart Balance® (67% natural vegetable oils) is so versatile and great tasting that it has been granted the American Culinary Chefs Best Tasting Award! Smart Balance® Omega plus™ has a higher level of Omega-3's — causing the ratio of Omega-6 to Omega-3 fatty acids to drop to 4 to 1. Omega plus™ also contains plant sterols (phytoosterols) to help reduce total cholesterol levels as well. If you haven't tried Smart Balance® Buttery Spreads, what are you waiting for?



[www.smartbalance.com](http://www.smartbalance.com)

**Watch out for Trans fats!** These man made fats are developed by changing liquid plant oils into more semi-solid type fat. Trans fats have become abundant in our food supply due to their plentiful applications. Unfortunately, researchers are now seeing that these fats are a double whammy for heart health — they not only raise LDL cholesterol levels, they also lower HDL cholesterol levels! Products, like Smart Balance® Microwave Popcorn, are being developed without the use of “partially hydrogenated” oils (the primary source of Trans fats in our diet). Thanks to products like Trans fat free Smart Balance® popcorn, you can now enjoy many of your favorite foods without the addition of Trans fats.



[www.smartbalance.com](http://www.smartbalance.com)

## Fiber up for Heart Health!

Reaching the daily goal of 25-30 grams of dietary fiber is important for both heart and gastrointestinal health. Often, food sources for dietary fiber are heart healthy as well. Total® cereal not only provides 3-4 grams of fiber but also delivers 100% the Daily Value of 12 vitamins and minerals in a crunchy low-fat package.



[www.totalcereal.com](http://www.totalcereal.com)



[www.dannon.com](http://www.dannon.com)

Eat your yogurt and get some fiber? Dannon™ Light 'n Fit® with Fiber is a great example of food science advancing — you get the low-fat heart healthy goodness of Light 'n Fit® yogurt with an additional 2 grams of fiber!

Although meeting your total dietary fiber needs on a daily basis is important, don't forget to focus on soluble fiber foods. The American Heart Association® states that when “eaten regularly as part of a diet low in saturated fat and cholesterol, soluble fiber has been shown to help lower blood cholesterol.” Since beans are high in soluble fiber, keep Bush's® Best beans on hand. Add them into any recipe — soups, casseroles, muffins, that Super Bowl dip — and Bush's® Best beans will help you follow a heart healthy diet!

(continued on page 4)



[www.bushbeans.com](http://www.bushbeans.com)

## Eating Smart RECIPE Tip

To reduce the amount of sodium per serving, rinse canned beans fully before adding to recipe.

### Carrie's Favorite Bean Dip

**SERVES 16**  
**SERVING SIZE = 1/2 cup**

#### INGREDIENTS

- 1 8 oz bar of Big Y® Light Cream Cheese (Neufchatel Cheese)
- 1 15 oz can of 99% Fat Free Vegetarian Chili with Beans
- 1 15 oz can Bush's® Best Black Beans (drained)
- 1 15.5 oz can Bush's® Best Cannellini Beans (drained)
- 1 16 oz jar of Big Y® Medium Thick & Chunky Salsa
- 1 8 oz bar of Cabot® 50% Light Cheddar Cheese (shredded)

*Special equipment- Oven Safe Bowl, Cheese Grader, Can Opener*

#### DIRECTIONS

1. Pre-heat oven to 425 °F
2. Mix softened cream cheese with chili, beans, and salsa.
3. Once dip is well mixed, fold in 2/3 of shredded cheese.
4. Cover and place in pre-heated oven.
5. Mix about every 10 minutes.
6. Bake until boiling and evenly heated to center of bowl.
7. Top with remaining cheese.
8. Turn off oven and leave mix uncovered in oven for about 3-5 minutes.
9. Remove dip from oven and allow to cool to a safe temperature before eating.
10. Serve with your favorite corn chips or pita slices.

#### Nutrition Facts per serving

Calories 152 Total Fat 5.5g Saturated Fat 3.5g Cholesterol 17.5mg Sodium 599mg  
Total Carbohydrates 16.5g Dietary Fiber 4.5g Protein 10g



## Eating Smart Tip

Spice it up for heart's health! Lycopene is a powerful antioxidant found in tomatoes that may help prevent heart disease. Since Lycopene is best absorbed when tomatoes are cooked, keep products like Big Y® salsa on-hand for any snack or meal.



## Living Well Fact:

Beginning this January, food manufacturers will be required to list the amount of Trans fat contained in their food product on the Nutrition Facts Label. Although the product may have a minimal amount of "partially hydrogenated" oil in its ingredients, you will now see exactly how many grams of Trans fat it contains. Since the less you eat the better, the only goal is to limit the amount you eat every day.

### Nutrition Facts

Serving Size 11 Crackers (31g)  
Servings Per Container About 7

#### Amount Per Serving

**Calories** 160 Calories from Fat 80

#### % Daily Value\*

**Total Fat** 9g **13%**

**Saturated Fat** 2g **10%**

**Trans Fat** 0.5g

**Polyunsaturated Fat** 4g

**Monounsaturated Fat** 1.5g

**Cholesterol** 0mg **0%**

**Sodium** 360mg **15%**

**Total Carbohydrate** 19g **6%**

**Dietary Fiber** 1g **3%**

**Sugars** 2g

**Protein** 2g

Vitamin A 15% (100% as Beta Carotene)

Vitamin C 0% • Calcium 2% • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Take Your Health to Heart (continued from page 3)

## Let Colors Fight Heart Disease

The reasons a low-fat, low cholesterol, high fruit and vegetable diet helps prevent heart disease are not quite clear. Will the natural antioxidants found in fruits and vegetables help reduce the effects of stress on our cardiovascular system, thus help reduce the risk for heart disease? Does being naturally lower in calories, fat and high in fiber inherently make fruits and vegetables a safe bet for protecting against most diseases? Whatever the causes may be, eating a variety of colors from fruits and vegetables is a great way to stay healthy and fight heart disease.

### Driscoll's Blackberries

I like to think of Driscoll's® blackberries as tiny, delicious antioxidant morsels of fiber, since they provide about 7.5 grams of dietary fiber per cup. The anthocyanins that give blackberries their color are studied for their ability to fight vascular disease (arthrosclerosis) as well. Fresh berries in winter? Oh yes — *what a tasty way to fight heart disease!*



[www.driscolls.com](http://www.driscolls.com)



### Blackberry Salmon

**SERVES 4**

**SERVING SIZE = 1 Salmon Filet**

#### INGREDIENTS

1 cup Driscoll's® Blackberries  
2 Tbsp of Big Y® Honey  
2 Tbsp Smart Balance® Buttery Spread, melted  
1 tsp Lime Juice (fresh or bottled)

1Tbsp Big Y® Brown Sugar  
1/2 Tbsp ground Big Y® Cumin  
1 1/2 tsp Chipotle powder, divided in half  
4- 4 oz Big Y® Salmon Fillets with skin

*Special equipment- Blender*

#### DIRECTIONS

1. Preheat oven to 425°F.
2. Puree berries in a blender and transfer to a medium bowl.
3. Whisk in honey, Smart Balance®, and lime juice to blackberries to form glaze.
4. Transfer 6 tablespoons of glaze to a small bowl and reserve as sauce.
5. Place rack on rimmed baking sheet.
6. Mix brown sugar, cumin, salt, and chipotle on plate.
7. Dip flesh side of salmon in spice mixture; place coated side up on rack.
8. Brush with remaining glaze.
9. Bake salmon until just opaque in center, about 10-15 minutes.
10. Serve with reserved sauce.

*Nutrition Facts per serving*

**Calories** 269 **Total Fat** 11.5g **Saturated Fat** 2g **Cholesterol** 62mg **Sodium** 97mg  
**Total Carbohydrates** 18g **Dietary Fiber** <2g **Protein** 23g



## Fresh Express Spinach

High in antioxidants and vitamins A, C and folate (natural form of folic acid) help Fresh Express® spinach give heart disease a 1-2 punch. The antioxidant properties of spinach may help prevent the break down of blood vessel tissues, and folate may just help control blood pressure. Whether you eat it fresh or cooked, Fresh Express® spinach should be part of your weekly shopping list.



[www.freshexpress.com](http://www.freshexpress.com)

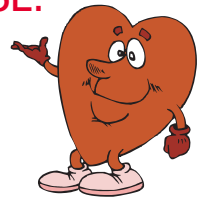
## Langers Pomegranate Cranberry Juice

Langers® 100% Pomegranate Cranberry Juice has two very important ingredients when it comes to heart disease: Pomegranate and Cranberry. Pomegranate juice may “contain almost three times the total antioxidant activity of green tea or red wine” and its role in preventing heart disease looks quite promising (everything from reducing blood cholesterol and blood pressure to minimizing episodes of reduced blood flow to the heart). Early research from the University of Scranton also suggests that Cranberry juice may reduce the risk of heart disease by increasing levels of HDL cholesterol. Heart disease research is easily making Pomegranates and Cranberries two fruits to keep your eye on.



[www.langers.com](http://www.langers.com)

EATING A VARIETY OF  
COLORS FROM FRUITS  
AND VEGETABLES IS  
A GREAT WAY TO STAY  
HEALTHY & FIGHT  
HEART DISEASE.



# Happy National Nutrition<sup>®</sup> Month!

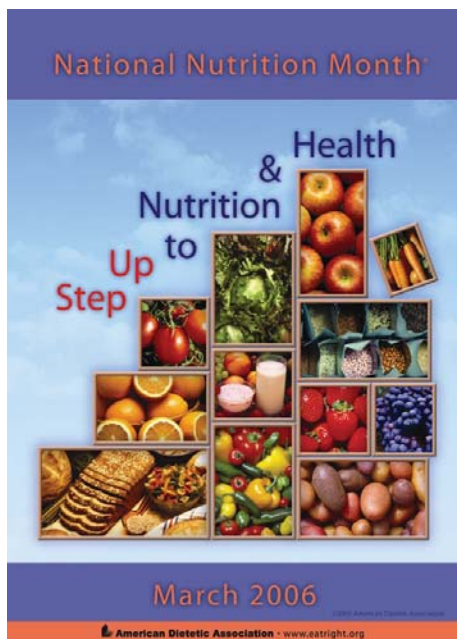


Every March, the American Dietetic Association highlights the importance of “making informed food choices and developing sound eating and physical activity habits” through National Nutrition Month<sup>®</sup>. In the spirit of National Nutrition Month<sup>®</sup>, I would like to take this opportunity to discuss some hot Ask Carrie topics.

Before we get started, can you answer the following questions?

- (1) *How much water do we need each day?*  
(a) 5-7 glasses (b) 8- 8 oz glasses  
(c) 12 glasses (d) As much as our thirst tells us
- (2) *True or False?*  
*Omega-3s are a type of vitamin found only in supplements.*
- (3) *Probiotics:*  
(a) are live bacteria (b) come in 400+ strains  
(c) survive best in dairy foods (d) none of these  
(e) all of these
- (4) *True or False?*  
*If you are Lactose Intolerant, you can eat cheddar cheese.*

*(answers found on page 8)*





## Food Sensitivities

As of this January, the Food Drug Administration (FDA) is requiring all food manufacturers to clearly indicate the presence of the top 8 food allergens on their food labels (Milk, Wheat, Eggs, Peanuts, Tree Nuts, Fish, Shellfish, and Soy). If the foods you're eating contain one of these items, look for it to be listed in the ingredient list and/or below the ingredient list with the heading "Contains:".

### Lactose Intolerance

Caused by the body's inability to properly break down the natural sugar (Lactose) contained in dairy products, Lactose Intolerance can lead to a variety of digestive discomforts.

#### To help reduce symptoms of Lactose Intolerance:

1. Limit the intake of lactose containing products- but make sure to substitute alternative sources of nutrients typically found in those products (ie: Calcium and Vitamin D fortified juice instead of milk).



[www.cabotcheese.com](http://www.cabotcheese.com)



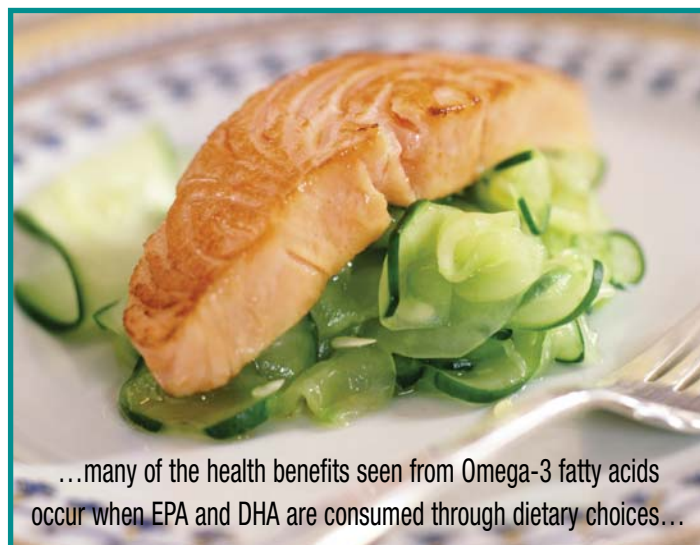
[www.3aday.org](http://www.3aday.org)

2. Choose dairy foods with lactose already broken down. For example, Cabot® Light Cheddar Cheeses are naturally lactose free due to the aging process required for making cheddar cheese! Being lower in fat and sodium makes 50% and 75% Light Cabot® Cheddar Cheese a delicious and healthful choice for any cheese lover- regardless of their lactose sensitivity!
3. Take lactase enzyme pills right at the start of eating dairy foods. Lactase enzyme pills can be found in our Health and Beauty Care department and will help break down the Lactose in dairy products as you eat.

## Omega-3 Fats

These polyunsaturated fats are receiving a lot of publicity due to the amount of research supporting their potential health benefits. Omega-3 fatty acids have been recommended for their heart health benefits — helps lower triglycerides, blood pressure, and plaque build up in our arteries — as well as their potential role in fetal brain and eye development, their ability to help reduce macular degeneration, rheumatoid arthritis, Alzheimer's, and dementia.

In our bodies, we cannot make the three different kinds of Omega-3's and must eat them through a variety of foods. Alpha-linolenic acid (ALA) is found predominantly in plant foods (flax seeds, walnuts, canola and soybean oils). Eicosapentaenoic Acid



(EPA) and Docosahexaenoic Acid (DHA) are predominantly found in fatty fish (Tuna, Salmon, Mackerel, and Herring). Although ALA can be made into EPA and DHA, many of the health benefits seen from Omega-3 fatty acids occur when EPA and DHA are consumed through dietary choices.



[www.bumblebee.com](http://www.bumblebee.com)

Bumble Bee's new line of Seasoned Tuna Sensations™ are a great tasting, transportable, and convenient way to incorporate Omega-3 fatty acids into your diet. Seasoned with flavors like Sundried Tomato & Basil and Spicy Thai Chili, even a non-traditional fish eater will be wowed! Want to get your Omega-3's but worried about Mercury levels in fish? Although the overall benefits of fish outweigh the potential risk of mercury (when eaten in moderation), Bumble Bee® Seasoned Tuna Sensations™ are made with Light Tuna — which is typically lower in mercury than other tuna fish.

## Probiotics

If you haven't heard about these hot items yet, you soon will. Probiotics are mixtures of naturally occurring bacteria that have health benefits when included in your diet. There are currently over 400 strains of probiotics — each with their own specific benefits (from improving gastrointestinal health to lowering blood cholesterol). Researchers recommend eating a total of 3-5 billion colonizing forming units (CFU) from probiotics each day to see their health benefits. Dairy foods, like yogurts, tend to be the primary source of probiotics since they help protect these fragile bacteria from breaking down during digestion. Yogurt products can contain anywhere to 15-155 billion total CFUs at time of purchase, depending upon the brand.



[www.dannon.com](http://www.dannon.com)



[www.3aday.org](http://www.3aday.org)

Activia® by Dannon™ is a new probiotic line of yogurts available for individuals three years old and up. Activia® contains Bifidus Regularis®, and has been clinically proven to help naturally reduce transit time of the large intestine — the time it takes food to pass through the digestive system. When incorporated daily to a balanced diet, Activia® with Bifidus Regularis® has been seen to regulate the digestive system in only two weeks! In flavors like Vanilla, Strawberry, Prune, Peach and Mixed Berry, Activia® is a tasty addition to your family's daily intake. To learn more about probiotics, visit [www.dannonprobioticscenter.com](http://www.dannonprobioticscenter.com).

Each strain of probiotic has its own specific benefit

— from improving gastrointestinal health

to lowering blood cholesterol.

## Hydration

Don't let yourself get dehydrated this winter! Dry heat and increased outside activities can set up the perfect environment for dehydration. Water plays a crucial role in your body, from digestion and temperature regulation to skin health, yet many of us forget to drink enough fluids throughout the day. Looking for the magic number of glasses to drink? Each of us is different, so let thirst be your guide! Keeping Big Y® water on hand for when thirst kicks in, will help you stay hydrated whether you're working out or at the office!



## Eating Smart Tip

Eat probiotic foods as soon as you can. The longer probiotics sit in your refrigerator, the lower the number of CFUs they'll have at time of consumption!



[www.dlcoffee.com](http://www.dlcoffee.com)

### Ask Carrie (continued from page 1)

excessive amounts of caffeinated beverages is not in your health's best interest, but consuming up to 200-300 milligrams of caffeine per day — the amount found in an average 16 ounces (oz) of caffeinated coffee — poses no physical harm to most healthy adults. Take one step closer to reducing your caffeine intake without going completely caffeine free; try a high quality coffee like Distant Lands Coffee Roaster. Distant Lands coffee is made with 100% Arabica Coffee beans, making it both rich in flavor and naturally low in caffeine (about 50% lower than coffee made with Robusto coffee beans). To get the health benefits of coffee, a little goes a long way. Watch your portion sizes and if you still need that quick pick-me-up choose a lower caffeinated coffee like Distant Lands coffee to do the trick!

Have a nutrition question? Ask Carrie, your personal nutrition expert by:

- Sending an e-mail to [askcarrie@bigy.com](mailto:askcarrie@bigy.com)
- Writing to:  
Ask Carrie  
2145 Roosevelt Avenue  
PO Box 7840  
Springfield, MA 01102
- Visiting BigY.com's Living Well Eating Smart section and posting a question.

Answers to quiz found on page 6.  
1. d; 2. false; 3. e; 4. true





[www.wisesnacks.com](http://www.wisesnacks.com)



[www.orville.com](http://www.orville.com)



[www.bluediamond.com](http://www.bluediamond.com)



[www.kozyshack.com](http://www.kozyshack.com)

# Snack Savvy for Super Bowl Time

When you are picking up Super Bowl snacks this year — make them delicious AND nutritious. Follow these helpful hints:

## Cut Out Fat Where You Can!

*Do you like crunchy cheese flavored snacks?* Pick up Trans fat free Wise® Reduced Fat Crunchy Cheez Doodles® and cut out half of the total fat!

*Craving something crunchy with a buttery, sour cream, or sweet caramel flavor?* Orville Redenbacher's® Popcorn Mini Cakes come in a variety of flavors and are a great, low fat snack with only 60 calories!

## BUT...

## Don't Forget Those Healthy Fats!

If you're going to eat flavored nuts this season, make them Blue Diamond® Almonds. In fun new flavors like Wasabi & Soy Sauce, Jalapeño Smokehouse®, and Maui Onion & Garlic, delight your taste buds in moderation when getting an extra dose of monounsaturated fat!

## Delight with Healthy Desserts!

For the last big get together of the holiday season, end with a healthy, low-fat dessert. Kozy Shack Puddings™ flavors—Original Rice, Tapioca, Chocolate, and Dulce De Leche — maintain the home-made taste of Grandma's pudding with only the freshest, natural ingredients.

# Get GOING with GRAINS!

Love to play outside in the snow during the winter?

It's super important to eat grains everyday so you'll have

the energy you need to run and play. Eat mostly whole grains so you know you're getting the most out of every bite you take!



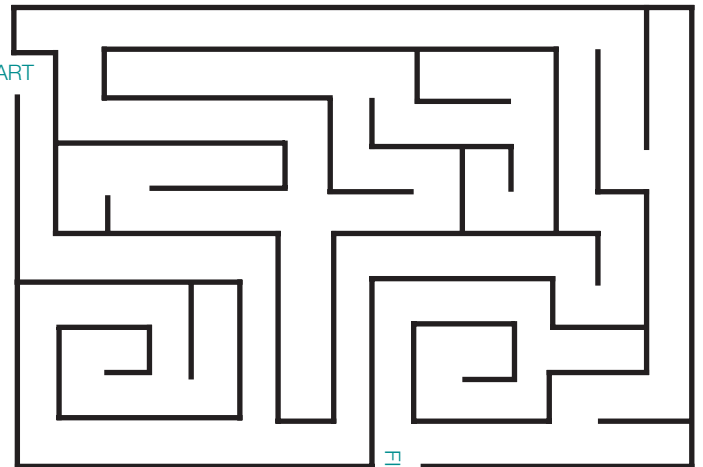
## Eating Smart Idea

Does your child want more juice than the American Academy of Pediatrics' recommendation — 8-12 oz of juice each day for children 7 years old and up? Try extending their 100% juice enjoyment by mixing 2/3 cup of sparkling water with 1/3 cup of juice!



Get GOING Lucy!

START



FINISH



Lucy's tired but wants to go outside and play in the snow.

Can you help Lucy find her cereal so she can get up and go?



[www.wonderbread.com](http://www.wonderbread.com)

## Check out these kid friendly snack ideas to help keep your little one going in the snow!

**Breads with at least 2 grams of fiber per slice:** Made with whole wheat flour, Wonder® White Bread Fans™ 100% Whole Grain Bread has a soft mouth feel so even the youngest taste buds won't mind. Are your kids getting enough calcium? Wonder® Kids® bread provides 17.5% the Daily Value for calcium with a bonus of 2 grams of fiber per slice!

**Whole grain cereals low in sugar and fat:** Who said cereals were just a breakfast item? Choosing low sugar, low fat whole grain cereal at snack time is a great way to slide another whole grain choice into your child's diet. Whole grain cereals like Kix® and Cherrios® are also excellent sources for vitamins & minerals (like Iron and Folic Acid) so you know they're getting a big nutrition bang with every bite!

**Sugar free fruit spreads:** Help reduce the amount of added sugar in your child's diet by choosing sugar free options when possible. Sweetened with NutraSweet Brand Sweetener®, Smucker's® Sugarfree™ jams and preserves have about 2 1/2 teaspoons less sugar than your typical one tablespoon serving of traditional jelly.

**100% Juice:** Make it 100% juice, if juice is the beverage of choice in your home. Apple & Eve® 100% Juice delivers delicious flavors without added sugar by blending together a variety of juices. Apple & Eve® will also help meet your child's vitamin and mineral goals by delivering 100% the Daily Value for Vitamin C and 10% for Calcium.



[www.cheerios.com](http://www.cheerios.com)

[www.generalmills.com](http://www.generalmills.com)



[www.smuckers.com](http://www.smuckers.com)

[www.appleandeve.com](http://www.appleandeve.com)